

| as of 2-29-20 | U4 | U5/6 | U7 | U8 | U9 | U10 | U11-12 | U13-14 | U15-16 | U17-19 | Adult |
|--------------------------|---|---------|-----------|-----------|----------|----------|----------|----------|----------|----------|----------|
| Field Size – Yards | 20x30 | 20x30 | 35x50 | 35x50 | 45x60 | 45x60 | 50x73 | 65x110 | 65x110 | | 70x120 |
| Players | | | | | | | | | | | |
| Maximum | 3 | 4 | 5 | 5 | 7 | 7 | 9 | 11 | 11 | 11 | 11 |
| Minimum | 3 | 3 | 3 | 3 | 5 | 5 | 7 | 7 | 7 | 7 | 7 |
| Game Time (minutes) | | | | | | | | | | | |
| Quarters | 6 | 8 | 10 | 12 | - | - | - | - | - | - | - |
| Halves | - | - | - | - | 25 | 25 | 30 | 35 | 40 | 45 | 40 |
| Breaks (minutes) | | | | | | | | | | | |
| Quarters | 2 | 2 | 2 | 2 | - | - | - | - | - | - | - |
| Halves | 5 | 5 | 5 | 5 | 10 | 10 | 10 | 10 | 10 | 10 | 10 |
| Ball Size | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 5 | 5 | 5 | 5 |
| Goalkeeper | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Offside | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Restarts (Touchline) | Kick In | Kick In | Throw In* | Throw In* | Throw In | Throw In | Throw In | Throw In | Throw In | Throw In | Throw In |
| Restarts (Kicks) | IFK | IFK | IFK | IFK | FIFA | FIFA | FIFA | FIFA | FIFA | FIFA | FIFA |
| Punts | No | No | No | No | No | No | Yes | Yes | Yes | Yes | Yes |
| Separation (yards) | 3 | 3 | 4 | 4 | 7 | 8 | 10 | 10 | 10 | 10 | 10 |
| Two Touch Violation | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Penalty Kicks | No | No | No | No | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Crease* | Yes | Yes | No | No | No | No | No | No | No | No | No |
| Build Out Line | No | No | No | No | Yes | Yes | No | No | No | No | No |
| Substitutions | | | | | | | | | | | |
| Quarters | Yes | Yes | Yes | Yes | - | - | - | - | - | - | - |
| Half | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Injuries | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Throw In* | - | - | - | - | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Goal Kicks | - | - | - | - | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Goals | - | - | - | - | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Cautioned Player | - | - | - | - | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Ref Decision | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes | Yes |
| Stoppage | - | - | - | - | - | - | - | - | - | Yes | Yes |
| Chart Notes | | | | | | | | | | | |
| (AGE)X | Small Sided - not the normal full sided game; TSA will announce before season number of playersSmall Sided - not t | | | | | | | | | | |
| Youth Small-Sided Rules | Small Sided | | | | | | | | | | |
| Throw In (U7, U8) | Redo if done incorrectly | | | | | | | | | | |
| Crease | Do not allow a player to remain standing in the crease playing defense; Ball must enter first | | | | | | | | | | |
| Goal kicks (U4 – U6) | Taken at top of crease; Opponents must be back according to Separation above | | | | | | | | | | |
| Goal kicks (U7 - U8) | Goal Area | | | | | | | | | | |
| Throw In Substitution | (U9 and above) If the team taking the throw in substitutes, then the opponent may substitute | | | | | | | | | | |
| Build Out Line | When GK has possession, the opponents must move back to Build Out line. | | | | | | | | | | |
| | GK MAY release ball before opponents reach Build Out. Opponents INSIDE the Build Out Line MAY NOT play the ball until it passes Build Out Line. | | | | | | | | | | |
| | a) If opponents violate Build Out line then IFK at infraction | | | | | | | | | | |
| | b) If GK places ball on ground it is a live ball | | | | | | | | | | |
| | c) If GK places ball on ground then GK may not take the ball into hands - IFK | | | | | | | | | | |
| | d) Referee may play advantage if ball is played out away from defenders and can be further played up the field | | | | | | | | | | |
| | No offside between half line and Build Out line | | | | | | | | | | |
| No Heading (U12 & below) | (U12 and below) no deliberate heading | | | | | | | | | | |
| | Deliberate heading violation is an IFK but is NOT a foul | | | | | | | | | | |
| | IFK at spot of foul with goal area exception IAW with LOTG | | | | | | | | | | |
| | No advantage may be given - the violation takes precedence | | | | | | | | | | |
| | No persistent infringement is possible because it is not a foul | | | | | | | | | | |
| Adult Rules | Full Sided (Effective SPRING 2018)Full Sided (Effective SPRING 2018) | | | | | | | | | | |
| Females | Three female players, regardless of position; may play shorthanded, minimum of one. | | | | | | | | | | |
| Males | Maximum of eight, regardless of position | | | | | | | | | | |
| Over-30 | NO AGE restrictions on the field | | | | | | | | | | |
| ID Book | TBD | | | | | | | | | | |
| Uniform | Matching jerseys required | | | | | | | | | | |
| Slide Tackles | No contact with ball / player = FOUL; Contact with ball / player - minimum YELLOW; SFP is still RED | | | | | | | | | | |
| Female Goals | 2 from anywhere BUT NOT free kick; Deflections by defender: On Goal - 2; Off Goal - 1; Deflection off teammate - 1 | | | | | | | | | | |
| Game Time (grace) | Game time is start time; NO GRACE PERIOD, referees may start clock at game time and go ten minutesmaximum | | | | | | | | | | |
| 5v5 Upper Level Rules | Small Sided (Effective SPRING 2019) | | | | | | | | | | |
| Players | Two male and two female field players at all times (unless straight RC sendoff), GK either gender | | | | | | | | | | |
| Minimum | 4 players minimum to start and continue, no more than 2 of any one gender on field, GK either gender | | | | | | | | | | |
| Uniform | Matching jerseys required | | | | | | | | | | |
| GK Distribution | Only from hand, no kicks | | | | | | | | | | |
| Kick ins | NO Throw in | | | | | | | | | | |
| Scoring | Only from attacking half | | | | | | | | | | |
| Substitutions | All stoppages | | | | | | | | | | |
| Slide Tackles | No contact with ball / player = FOUL; Contact with ball / player - minimum YELLOW; SFP is still RED | | | | | | | | | | |
| 2nd Yellow | Soft red - teams still play full sided; gender matching for any send off | | | | | | | | | | |
| Game Time | 35 minute halves | | | | | | | | | | |